

knowing your numbers...

Take this form to your next medical appointment. Let your healthcare provider know you would like to receive a diabetes screening as a Medicare patient. Use this form to keep track of the dates and results from your screenings.

Your Name: _____

Healthcare Provider's Name: _____

Contact Information: _____

Control your blood sugar, cholesterol, blood pressure and weight to stay healthy. Work with your healthcare provider to determine your goal levels and actions to take.

Test	Date	Results	Goals	Actions
Blood sugar level				
Blood pressure				
Weight				
BMI (body mass index)				
Cholesterol total				
HDL (good)				
LDL (bad)				



resources

Novo Nordisk Diabetes Patient Resources

[Ask.Screen.Know.](http://Ask.Screen.Know.com) (AskScreenKnow.com)

Includes information about the Medicare diabetes screening benefit with access to a brochure and health recording tool to keep track of blood sugar numbers and more

[Changing Life with Diabetes](http://changingdiabetes-us.com) (changingdiabetes-us.com)

Provides information for people to learn more about daily living with diabetes

[Novo Nordisk Care](http://novonordiskcare.com) (novonordiskcare.com)

Includes information about Novo Nordisk products

Additional Resources

[Centers for Medicare and Medicaid Services](http://cms.hhs.gov/home/medicare.asp) (cms.hhs.gov/home/medicare.asp)

Includes the latest information on Medicare enrollment, benefits, and other helpful tools

[National Diabetes Education Program](http://ndep.nih.gov) (ndep.nih.gov; 1-800-438-5383)

Contains information on diabetes, including ways to control or prevent the disease for patients, parents, children and high-risk minority populations

[National Institute of Diabetes and Digestive and Kidney Diseases](http://diabetes.niddk.nih.gov) (diabetes.niddk.nih.gov)

Provides a wealth of information about diabetes for patients, healthcare providers and the general public

[American Diabetes Association](http://diabetes.org) (diabetes.org; 1-800-342-2383)

Provides comprehensive information on diabetes and background on the organization's activities

[American Association of Diabetes Educators](http://diabeteseducator.org) (diabeteseducator.org)

Provides resources for diabetes educators to help patients change their behavior and accomplish their diabetes self-management goals

About Novo Nordisk

Novo Nordisk is a healthcare company with an 86-year history of innovation and leadership in diabetes care. The company's highest priority is the health and well being of patients, and Novo Nordisk is committed to *changing diabetes*® and acting as a catalyst to advance the healthcare agenda to ensure patients experience quality care and optimal treatment. The company has the broadest diabetes product portfolio in the industry, including the most advanced products within the area of insulin delivery systems.

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Ask. Screen. Know.



a message from olympia



We've lived in New York forever. It's where our life has always been focused and where we have created so many memories. Even as we get older and start to face challenges to our health, we can't change who we are.

Welcome to **Ask.Screen.Know.**, a program dedicated to increasing awareness about the Medicare diabetes screening benefit.

Louis and I have been married for 47 years. That's a long time by anyone's standards. Along the way, we've been through a lot together, and we've started to realize that our health is the greatest gift we have. Without it, we couldn't keep doing everything we love – acting, cooking, traveling, visiting our grandkids. We want to be around for our family for as long as possible. That's why the free Medicare diabetes screening for people at risk is so important.

We both went in to be screened for diabetes, especially because it runs in Louis' family. We found out that Louis has type 2 diabetes and now we can deal with it the right way. Now I remind him to eat better and get more exercise. He knows I'm doing it for the right reasons. That's what being a couple is about.

We hope you'll join us and commit to getting screened for diabetes. Find out what the risk factors are and manage your health. Learn your blood sugar number and what actions to take. And it's free! So, just ask your doctor.

Best,

a diabetes screening – why ask?

Ask your healthcare provider for the Medicare diabetes screening test. For many, it's free, and it's easy. Knowing your blood sugar levels is important, especially if you are age 65 and older. Here's why:

- Diabetes is an epidemic, and people age 65 and older are particularly susceptible.
- Approximately seven out of 10 adults age 65 and older have diabetes or pre-diabetes; and of those people, almost half don't know it.
- The risk of type 2 diabetes increases as you get older often because people tend to exercise less, lose muscle mass and gain weight as they age.
- If left undiagnosed or unmanaged, diabetes can lead to many health problems, including blindness, kidney disease, foot amputations, heart disease and stroke.

According to the Centers for Medicare and Medicaid Services, with early detection and treatment the more likely it is that the serious health consequences of diabetes can be prevented or delayed.

Knowing is better than not knowing. Data show that less than 10 percent of people in Medicare take advantage of the benefit. As a result, many older adults who may be at risk may be undiagnosed.

Am I At Risk?

If you are age 65 or older and in Medicare, you qualify for a free Medicare diabetes screening if you have one of the risk factors below:

- Family member with diabetes
- High blood pressure
- High cholesterol
- Overweight
- History of diabetes during pregnancy

If you have checked off a risk factor, call your healthcare provider and ask for a diabetes screening*. Don't be afraid to ask.

*Note: You may be responsible for your routine office visit co-pay.

i got screened... but what does it mean?

The fasting blood glucose test is the most common diabetes test given. The result of the test is reported with a number which helps tell whether or not you have diabetes.

If Your Number Is...	Then Your Blood Glucose...	Which Means...	Medicare Covers...
Less than 100	Is in the normal range	<ul style="list-style-type: none"> • Ask your healthcare provider about what you can do to prevent future blood sugar issues. • Also, get re-tested for diabetes as recommended by your healthcare provider. 	<ul style="list-style-type: none"> • One diabetes screening test within a 12 month period
Between 100 and 125	Is in the range for pre-diabetes	<ul style="list-style-type: none"> • This is a great opportunity to take better care of your health to prevent or delay the onset of diabetes. • Ask your healthcare professional for more information and advice on how to prevent diabetes. 	<ul style="list-style-type: none"> • A maximum of two diabetes screening tests within a 12 month period
126 or higher	Is in the range for diabetes	<ul style="list-style-type: none"> • Once the diagnosis is confirmed, your healthcare provider will discuss your treatment plan. • This is an opportunity to take the steps necessary to prevent serious complications later in life. 	<ul style="list-style-type: none"> • Diabetes self-management training courses (a doctor must request this service) • Select diabetes supplies

Medicare also covers the oral glucose tolerance test. A doctor may recommend it if he or she suspects diabetes in cases where a patient's fasting blood glucose level is normal. The test is more time-consuming and complicated than the fasting blood glucose test. If the number is less than 140, your blood glucose is in the normal range. If the number is between 140 and 199, your blood glucose is in a range for pre-diabetes. If the number is 200 or higher, your blood glucose is in the range for diabetes.



We come here for brunch on Sundays. Their eggs are the absolute best. You can't beat it for a cozy place to eat in the winter. Since Louis was diagnosed with diabetes, we have to watch what we eat a bit more. We've been coming here so long, the chef makes him something special that's healthier than what we used to get.